

WRAPAROUND SERVICES

INTERDEPARTMENTAL SYSTEMS OF CARE TO SUPPORT ALL STUDENTS.

Our District Wraparound Services

As our community faces unprecedented fear and uncertainty, the Fayette County Public Schools understand that we are stronger together. We are committed to providing all students with a variety of support services to ensure that all students are healthy and secure and ready to learn.

*We are a **Positive Behavioral Interventions and Supports (P.B.I.S)** school district dedicated to providing our students with evidence-based prevention and intervention practices along a multi-tiered continuum that supports the academic, social, emotional, and behavioral supports of all students. We provide a student assistance-based program (**C.A.R.E** - Child At Risk in Education), that is a dedicated and committed system of reaching out to students who are having difficulties with relationships, stress, grades, substance abuse, and finances.*

*We have a team of professionals to support our students. Our **School Counselors** are uniquely qualified to provide education, prevention, intervention, and referral services to students and their families. Although school counselors do not provide long-term mental health therapy in schools, they provide a comprehensive school counseling program designed to meet the developmental needs of all students. As a component of this program, school counselors collaborate with other educational professionals and community service providers.*

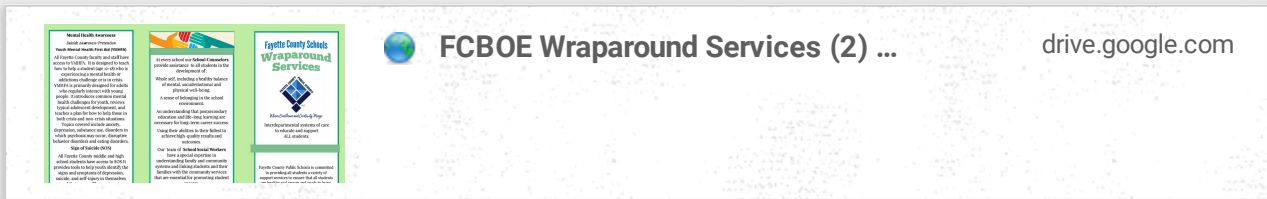
*Our **School Social Workers** have special expertise in understanding family and community systems and linking students and their families with the community services that are essential for promoting student success.*

*Our **School Nurses** facilitate positive student responses to normal development; promote health and safety; intervene with actual and potential health problems; provide case management services; and actively collaborate with others to build student and family capacity for adaptation, self-management, self-advocacy, and learning.*

*Our **School Psychologists** are uniquely qualified members of school teams that support students' ability to learn and teachers' ability to teach. They apply expertise in mental health, learning, and behavior; to help children and youth succeed academically, socially, behaviorally,*

and emotionally. Our school psychologists partner with families, teachers, school administrators, and other professionals to create safe, healthy, and supportive learning environments that strengthen connections between home, school, and the community.

As our students have continued their learning remotely, our schools have been sharing important resources with students and parents and providing services virtually. Below is additional information that you can reference throughout the summer.



New 9-8-8 Rollout - Suicide and Crisis Lifeline

The 9-8-8 direct, national three-digit line went live July 16, 2022, and accepts calls, texts, and chats. Trained staff members answer all calls, texts, and chats 24 hours a day, seven days a week, 365 days a year, addressing immediate needs and helping connect individuals with care resources. The goal is for 9-8-8 to become as commonly used as 9-1-1, providing appropriate mental health crisis responses for all Georgians.

Though it began in the 1960s, it took 30 years for 93% of the U.S. population to have 9-1-1 service coverage. The new 9-8-8 service will grow and evolve just as 9-1-1 has.

New Student Advocacy Service

The Student Advocacy Specialist program was implemented in Fayette County Public Schools during the Fall of 2022. The SAS program was created to address the growing needs of students who display suicidal and homicidal tendencies, as well as, other mental health concerns which impacts learning and social interactions. Currently, the SAS program consists of three mentors who service each of our schools in the system. Sharlene Patterson services the McIntosh feeder schools and the Fayette Life Academy. Racine Sales services the Fayette High and Sandy Creek feeder schools. Mary Stackhouse services the Starr's Mill and Whitewater High feeder schools.

Students who exhibit concerns with harm to self and others, and display mental health concerns are referred to SAS mentorship by school level administration, counselors, and social workers. The mentoring program is designed to supplement the services currently available to students in crisis situations, and are available during and after school hours to families and students who are dealing with mental health concerns. Student Advocacy Specialists build positive and professionally appropriate relationships with students, educators, and families and guide students to structured problem solving while maintaining the highest level of confidentiality. SAS engage in crisis prevention, which involves a

commitment to continuous learning, primary intervention, assessing volatile situations, and anticipating necessary interventions. SAS team members are not assigned to address discipline concerns, but are solely focused on meeting the needs of students in crisis by serving as mentors.

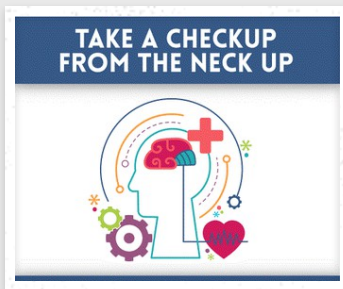
For those who believe they know a student who would benefit from the mentoring services of our Student Advocacy Specialist, please contact a member of your school's administrative or counseling staff. By taking a proactive approach in addressing the needs of students in crisis, the SAS team can make a positive impact in the lives of the students and families in Fayette County.



Risk of Suicide

www.nami.org

Suicide and suicidal thoughts are relatively common. Suicidal thoughts do not mean someone is weak or flawed, learn about the warning signs and risks.



LEARN TO ACT

HOW TO HELP YOUR CHILD SAVE A LIFE
 Our school uses the Signs of Suicide, a national prevention program that educates students about warning signs for suicide and encourages them to ACT (Acknowledge, Care, and Tell a trusted adult) whenever they have concerns about themselves or a friend. How would you respond if your child told you their friend might be thinking about suicide? Check in with your child to:

- Acknowledge** any concerns they have about the way a friend is talking or acting.
- Care** Show them how much you care by listening and taking their concerns seriously.
- Tell** Reach out to their friend's parents or contact the school for support. Never keep a secret when concerned about the safety of a child.

TALKING TO YOUR CHILD
 Ask open-ended questions about mental health. This can be tough for families as often in our society, mental health isn't discussed openly like physical health. Feelings of embarrassment or shame are often hidden because youth are so often embarrassed, or ashamed. You can help protect your child and their friends by talking to them.

- Ask open-ended questions, ask your child over the conversation to what they want to talk about.
- Don't rush to solve their problem, instead ask what they think would help to solve.
- Be available and make sure your child knows "You around if you want to talk later" may help.
- Try talking in a week, no rushed atmosphere makes it easier for some kids to open up.

CONCERNED ABOUT YOUR CHILD?
 Take a Mental Health Screening >> <https://schools.mentalhealthscreening.org/faq>

NATIONAL RESOURCES
 Substance Abuse and Mental Health Services Administration Helpline: 1-800-662-HELP (4357)
 Suicide Treatment Locator: <http://treatmentlocator.nimh.nih.gov>

REALIZE WHAT YOU CAN CONTROL

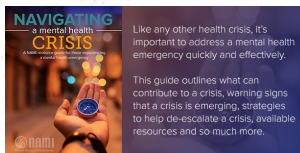
One of the most frustrating things about COVID-19 is that so much about the virus and the limitations on where you can go are out of your control. However, there are things that you can control, and focusing on those things can provide you with some comfort. Some of the things you can control include:

- YOUR MIND AND BODY**
 - Keep a healthy diet
 - Exercise at home
 - Get enough sleep
 - Do not blame or drink alcohol excessively
 - Take care of your mental health
 - Maintain self-care and personal hygiene
- YOUR IMMEDIATE ENVIRONMENT**
 - Your house, your bedroom, your closet, your kitchen – now is the time to clean and get organized
 - Make responsible choices about when to leave the house and only go out if necessary
 - Limit the number of people you come into contact with
 - Work from home if you are able to
- WHAT YOU CONSUME**
 - Don't overdo your news and information intake
 - Get your information from reliable sources like the CDC or WHO
 - Watch TV, movies, and videos that make you feel good
- HOW YOU PREPARE**
 - Keep 2-4 weeks of food on hand
 - Avoid overstocking on supplies that are in high demand so other people can have enough if the emergency hits
 - If you take medication, get refills and keep a month's supply at home if possible
- HOW YOU PROTECT YOURSELF**
 - Regularly wash your hands for 20 seconds with soap and water or use a hand sanitizer with at least 60% alcohol
 - Avoid touching your eyes, nose and mouth
 - Avoid greeting people by shaking hands, kissing or hugging
 - Keep 6 feet of distance between you and anyone who is coughing or sneezing
- HOW YOU PROTECT OTHERS**
 - Stay home if you are sick aside from getting medical care
 - Cover your cough and sneeze
 - Clean and disinfect frequently touched surfaces

Remember to..

How to help your child

Parent Resource



Like any other health crisis, it's important to address a mental health emergency quickly and effectively. This guide outlines what can contribute to a crisis, warning signs that a crisis is emerging, strategies to help de-escalate a crisis, available resources and so much more.

Navigating a Mental Health Crisis

nami.org

Read in-depth stories on mental illness. Our publications keep you up to date on the state of mental health in our country.

SIGNS OF ANXIETY

It is normal to be worried and stressed during times of crisis. While worry is a part of anxiety, people with anxiety tend to experience more exaggerated feelings of worry and tension. Some common symptoms include:



Uncontrollable worry or dread



Stomach and digestion problems



Trouble with concentration, memory, or thinking clearly



Increased heart rate



Changes in energy and difficulty sleeping



Irritability and/or restlessness

In extreme cases of anxiety, people may experience a panic attack. Panic attacks are often mistaken for heart attacks at first, but usually go away when people are able to talk to someone else to calm their fears and practice deep breathing.

MANAGING ANXIETY

There are small things that everyone can do while practicing social distancing or self-quarantine to help reduce the amount of anxiety they are experiencing.

Ask someone to be your support buddy. Call, text, or video chat as needed.

Exercise at home

Use resources like online support groups or the Crisis Text Line (Text MHA to 741741)

Set boundaries with your phone

Use a mindfulness or meditation app

Set a timer for every hour to get up and stretch or take a walk

Create a new routine

Take 10 deep breaths when you feel stressed

WHEN ANXIETY WON'T LET UP

If you're taking steps to manage worry and anxiety during the COVID-19 crisis but they don't seem to be helping, there are additional resources you can take advantage of.

Mental Health Screening

If you feel like you are struggling with your mental health, visit mhascreening.org to check your symptoms.



It's free, private, and anonymous. Once you have your results, MHA will give you information and resources to help you start to feel better.

Crisis Hotlines and Textlines

If you're experiencing emotional distress related to COVID-19, crisis counselors are available 24/7, 365 days a year.

Call 1-800-985-5990 or text "TalkWithUs" to 66746.



If you are in crisis or thinking about suicide, get connected to a local crisis center and get in touch with someone immediately.

Call 1-800-273-8255 (TALK) or text "MHA" to 741741.

Find more information and resources about COVID-19 and mental health at mhanational.org/covid19.

MHA
Mental Health America
B4Stage4

[@mhanational](https://twitter.com/mhanational)
[mhanational](https://www.facebook.com/mhanational)
[mhanational](https://www.instagram.com/mhanational)
[mhanational](https://www.linkedin.com/company/mhanational)
[www.mhanational.org](https://www.youtube.com/channel/UC1t8t0m0g0g0g0g0g0g0g0g0g)

Georgia COVID-19
Emotional Support Line
866-399-8938

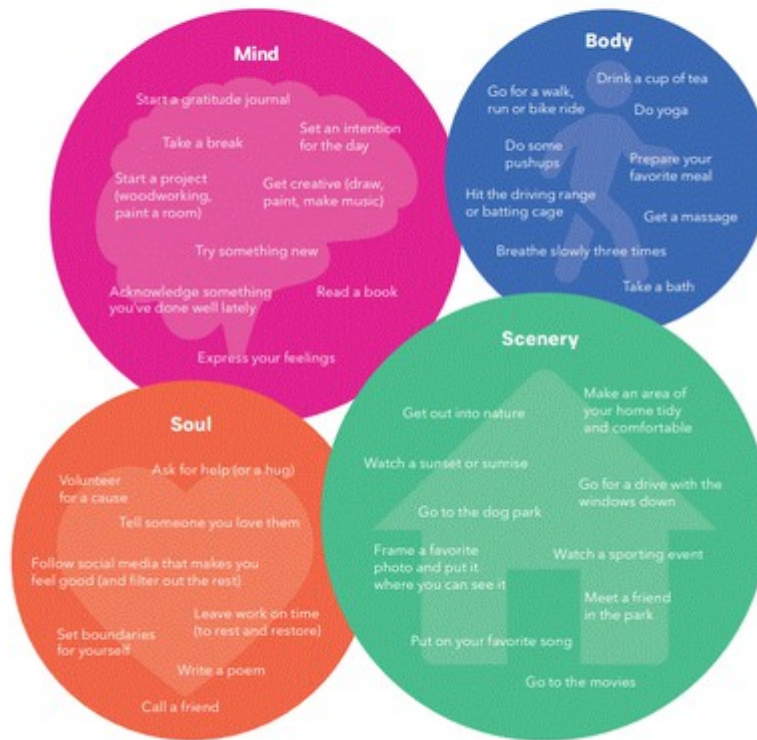


<https://dbhdd.georgia.gov/sites/...>

dbhdd.georgia.gov

Self-Care Strategies for Resilience

While not a substitute for professional care, there are plenty of simple activities anyone can do to reduce stress, encourage wellness, and restore a sense of well-being during difficult times. You know yourself best. Do what works for you and don't be afraid to try something new. Try one of these self-care activities the next time you need to take a step back, breathe, and focus on you.



afsp.org

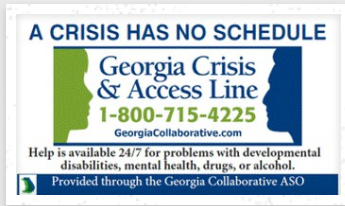


American Foundation for Suicide Prevention



 **Helping Children Cope With Cha...**

www.nasponline.org



GEORGIA CRISIS & ACCESS LINE

GCAL is available 24 hours a day, 7 days a week and 365 days a year to help you or someone you care for in a crisis. GCAL professionals will: Provide telephonic crisis intervention services Dispatch mobile crisis teams Assist individuals in finding an open crisis or detox bed across the State Link individuals with urgent appointment services



NATIONAL SUICIDE PREVENTION LIFELINE

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals



CRISIS TEXT LINE

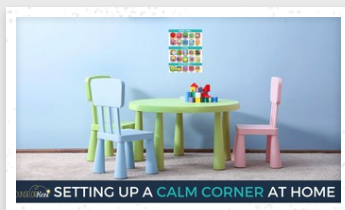
Every texter is connected with a Crisis Counselor, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving. All of Crisis Text Line's Crisis Counselors are volunteers, donating their time to helping people in crisis



Child Mind Institute

childmind.org

We are an independent nonprofit dedicated to transforming the lives of children struggling with mental health and learning disorders.



Calm Corner at Home

<https://www.counselorkeri.com/2020/04/18/calm-corner-at-home/>



Deep Breathing Exercises

<https://www.pbs.org/parents/crafts-and-experiments/practice-mindfulness-with-belly-breathing>



Reasons to Practice Mindfulness

<https://www.bustle.com/articles/113549-7-tips-to-practice-mindfulness-reasons-why-you-should>

KidsHealth is the #1 most-trusted source for physician-reviewed information and advice on children's health and parenting issues. For parents, kids, teens, and educators, in English and in Spanish.

MENTAL HEALTH SCREENING



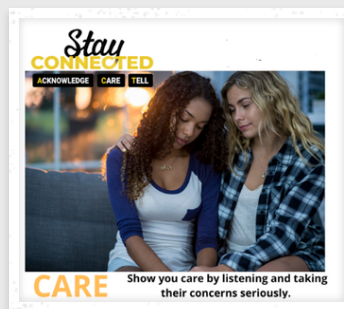
How to ACT

Acknowledge concerns about their own emotions or a friend's reaction.

Talking about suicide DOES NOT cause someone to become suicidal.

Know the warning signs of suicide- For example:
feeling intense pain,
feeling hopeless,
or feeling like a burden

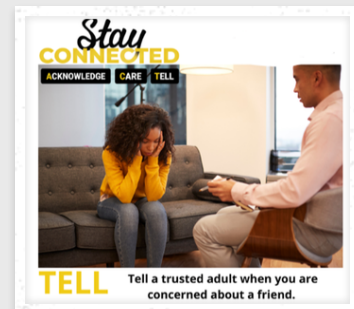
Help is Available...



How to ACT

Care by listening and taking their emotions seriously. You don't have to be a problem solver, just being a good listener is often the most important part of your support. If you're struggling with whether to voice a concern you have about someone remember: "A good friend isn't afraid to ask."

Help is Available...



How to ACT

Tell - make yourself available as a safe person.

Teach you kids to find a trusted adult to talk to. To help, make a list of trusted adults: think about family members, friends' parents, teachers and others.

Help is Available...

TALKING WITH CHILDREN ABOUT TRAUMATIC EVENTS

Now's the time to talk about anxiety.

Your mental health is just as important as your physical health.

Know the signs >

- EXCESSIVE WORRY
- SENSE OF UNEASE
- DIFFICULTY SLEEPING
- RESTLESSNESS
- FATIGUE
- TROUBLE CONCENTRATING
- IRRITABLE
- AGITATED
- TENSE OR AS SENSE OF

Now's the time to talk about depression.

Your mental health is just as important as your physical health.

Know the signs >


- IRRITATED.
- LOSS OF INTEREST
- FATIGUE.
- NOT SLEEPING OR SLEEPING TOO MUCH.
- NO ENERGY.
- PHYSICAL PROBLEMS OR PAIN.
- FEELING WORTHLESS OR GUILTY.
- LACK OF

Now's the time to talk about alcohol use.

Your mental health is just as important as your physical health.

Know the signs >



- HIDING YOUR DRINKING HABITS.
- GUILTY FEELINGS
- SELF-DESTRUCTION
- IRRITABLE, RESENTFUL, UNREASONABLE
- BLACKOUTS
- NAUSEA
- TROUBLE SLEEPING.
- HANGOVERS
- CAN'T STOP

 **Volunteer Interest Form - Midwest Food Bank** www.midwestfoodbank.org

Interested in volunteering for Midwest Food Bank? We have opportunities for individuals, teens, families, groups, and more! Volunteer with us today.

THE REAL LIFE CENTER

This mission is accomplished through an innovative process of holistic care. This holistic care includes a strategy of caring for each person physically, emotionally, relationally, financially, mentally and spiritually.


  **Fayette Samaritans is now open ...** fayettesamaritans.org


FAYETTE FACTOR


Fayette FACTOR is committed to addressing issues that affect the well-being of our community. During this COVID-19 health crisis, Fayette FACTOR is helping to organize a coordinated community response to support residents and providers.




Fayette County Public Schools

 205 LaFayette Avenue, Fayetteville, NC 28401

 webmaster@mail.fcboe.org

 770-460-3535

 fcboe.org

